

# house of WSR



WELCOME TO OUR

## WSR Newsletter

Welcome to the third edition of WSR's Newsletter!

We are so incredibly close to the end of the semester- I can't believe it! As we are gearing up for finals week, I want to encourage you to lean on people you can trust for support. Whether that be friends, family, or your favorite folks at WSR, use these resources to help you get through this busy time. At WSR, there is always a place for you to come and unwind. Our team is here for you in a variety of capacities, and we encourage you to stop by.

In this newsletter, you will find some resources geared around navigating grief throughout the holidays. These resources include TimelyCare, Yoga with Adrienne, and a 10-minute guided meditation. While these resources are under our grief over the holidays section, feel free to utilize them now. Moving your body, practicing meditation, or talking with a professional can be a great way to take care of yourself.

Best of luck on finals, and have a safe and happy holidays.

-Sarah Rushing || Communications Intern

ISSUE #3

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### Inside this week's issue:

Upcoming WSR Events  
| 2 |

Edna's Squirrel Count  
| 2 |

Navigating grief during  
the holidays | 3 |

Food Security  
Resources | 5 |

PLU student discount  
opportunities | 6 |

Events calendar | 6 |

WSR Hours  
M-F 8am-5pm  
care@plu.edu

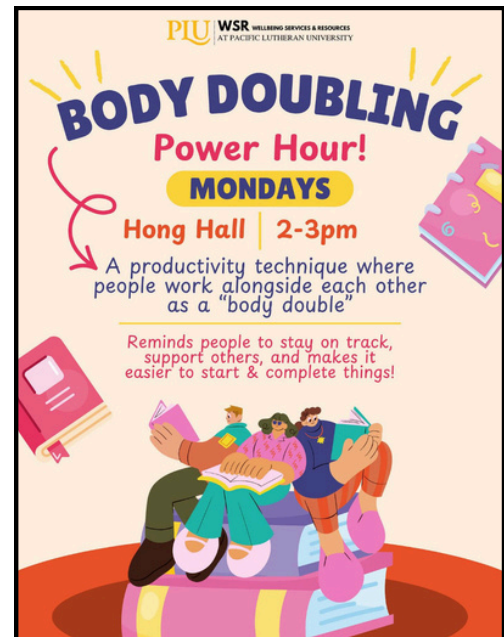
# WSR Group Sessions + Upcoming Events



Come join us for hot cocoa and holiday crafts on 12/2! Bring a friend and de-stress before finals week.

**Time: 5-7pm**

**Location: WSR lounge**



Looking for a way to stay productive? Want to get homework done and stay accountable?

**Stop by WSR on Mondays from 2-3pm for Body Doubling: Power Hour!**

Make connections with fellow Lutes while getting your to do list done. No need to sign up – just stop by!



**Have an event idea for WSR?  
Let us know! Stop by WSR or email care@plu.edu with your idea.**

# Coping with Grief During the Holidays

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The holiday season often carries expectations of joy, connection, and celebration, but for many people it also brings a complicated mix of emotions. Grief can surface more intensely during this time, and it doesn't only arise from the death of a loved one. Grief can come from the loss of a pet, a job, a relationship, health or mobility, identity shifts, community changes, the fading of friendships and complicated family relationships.

It's important to remember that grief does not follow a predictable, linear path. While Elisabeth Kübler-Ross's "five stages" model (denial, anger, bargaining, depression, acceptance) is well-known, it was never meant to represent a strict sequence. People move back and forth between emotions, skip some entirely, return to others unexpectedly, and experience things that aren't listed at all.

## Common Symptoms of Grief

Grief is not only emotional; it can affect the body, mind, and behavior. Symptoms may include:

- Waves of sadness, anger, guilt, or numbness
- Difficulty concentrating or feeling detached
- Changes in sleep or appetite
- Fatigue, headaches, and muscle tension
- Heightened anxiety or irritability
- Desire to isolate or difficulty being alone
- Unexpected moments of overwhelm during holiday traditions, gatherings, or memories

These reactions are normal. They are the body and mind's way of doing their best to process something profoundly difficult.

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## You Don't Have to "Be Okay" for the Holidays

Grief is a testament to love, meaning, and change. There is no timeline, no expectation to "move on," and no pressure to match the mood of the season.

This holiday, may you give yourself permission to honor what hurts, cherish what matters, and accept support where it's available. Your grief is valid—and you deserve care as you navigate it.

Poet Andrea Gibson said, "whatever emotions you are experiencing in your grief, name it love."

Grief can feel incredibly lonely, WSR is here to help 

# Supporting Yourself Through Grief During the Holidays

## 1. Allow your feelings without judgment

Grief needs room to move. Permit yourself to cry, feel angry, or experience joy without guilt. Letting emotions flow rather than suppressing them often reduces their intensity.

## 2. Build in somatic practices

Gentle body-oriented activities can create space for emotional release and nervous-system regulation:

- Slow walking or nature time
- Stretching, yoga, or mindful movement
- Deep-breathing exercises or grounding techniques
- Placing a hand on your heart or belly to reconnect with your body
- Warm baths or weighted blankets for calming sensory input
- If you experience panic symptoms, place an ice pack on your chest to help drop back into your body.

## 3. Try the “Swamping” technique

Create a playlist to include several songs in the following order: songs that make you feel angry, songs that make you feel sadness, and ending with songs that make you feel hopeful. The playlist should be long enough for you to move through all of the emotions; but not too long that you cannot complete listening to it all at one time. Pairing this with a walk is an effective way to move grief through the body, complete the stress cycle, and regulate your nervous system.

## 4. Modify traditions or create new ones

It's okay to skip events, simplify plans, or honor your loss with a new ritual such as lighting a candle, sharing stories, or spending time in quiet reflection.

## 5. Stay connected to supportive people

Community might mean family, friends, coworkers, a faith group, or an online support space. Let people know what you need—companionship, help with tasks, or simply someone to listen.

## 6. Seek professional support

Counseling, grief groups, or therapy can provide structure, tools, and compassionate guidance. The staff at WSR are here to help connect you to community support. Additionally, our clinical therapists, Jen and Rebekah are available to provide short term counseling support at WSR. Stop in to see us M-F 8-5 to make an appointment.

## 7. Care for your body gently and consistently

Grief is physically demanding. Try to:

- Eat nourishing meals when you can
- Hydrate regularly
- Keep a sleep routine, even if it's imperfect
- Rest when your body asks for it

Timelycare  
Website



Yoga with  
Adriene



10 minute  
Guided  
Meditation  
vid Goodful





# Food Security Resources Available + How You Can Help – A message from WSR and the Federal Policy Group at PLU

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## On-Campus Support: PLU Pantry

The [PLU Pantry](#) is here for all members of our campus community who need food assistance. Whether you're facing a temporary setback or ongoing need, please know this resource exists without judgment, with purposeful care and with respect for privacy.

- **Location:** First floor of Wellbeing Services and Resources (WSR) in Hong Hall
- **Hours:** 8:00 am to 5:00 pm, Monday through Friday
- **Who Can Use It:** All PLU students, faculty, and staff. Bring your PLU ID to swipe in.
- **What's Available:** Non-perishable food items, fresh produce when available, and personal care items

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## Community Partner: Trinity Lutheran Parkland Food Pantry & Community Meal

Our neighbors at Trinity Lutheran Church also operate a [food pantry](#) that serves the broader Parkland community:

Trinity and PLU also partner to host a FREE community meal once-a-month. **The next meal will take place on Thursday, Dec 11th from 5:00 - 6:00 pm.** Come share a meal with neighbors from the PLU, Trinity, and Parkland communities! More details [here](#).

To find food pantry resources in locations beyond PLU and Trinity, please visit [efoodnet.org](#) for Pierce County options or [Findhelp.org](#), a resource that will allow you to search for options using any zip code.

- **Location:** [12115 Park Avenue South, Tacoma, WA 98444](#)
- **Hours:** Tuesday 11:00 AM – 2:00 PM; Friday 11:00 AM – 2:00 PM; & Sunday Noon – 2:00 PM
- **Who Can Use It:** All community members are welcome.
- **What's Available:** Non-perishable food items, fresh produce, dairy, bread, and proteins, and personal care items

**These resources exist because we believe in taking care of one another, especially during uncertain times.**

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## How You Can Help

If you're in a position to support continued availability of these essential resources in our immediate community and neighborhood, both pantries welcome donations. The following assist with the short and long-term sustainability of both food security resources:

***Donated items may be dropped off at PLU's Food Pantry, Wellbeing Services & Resources, first floor of Hong Hall. Items for Trinity Lutheran's food pantry may be dropped off directly at Trinity Lutheran or at the box outside of the Center for Diversity, Justice, and Sustainability (AUC 150).***

- Non-perishable food items
- Personal care products, including laundry detergent, dishsoap, shampoo, bodywash, toothpaste, and toothbrushes. This is currently the most urgent need for the PLU pantry.
- Financial contributions
  - [Donate to PLU's Food Pantry](#)
  - [Donate to the PLU WSR Student Emergency Fund](#)
  - [Donate to Trinity Lutheran Food Pantry \(Feeding Ministry\)](#)
- [Volunteer time](#) to help host Trinity's monthly community meal

# WSR Events Calendar

## Weeks 12/1-12/5 + 12/8-12/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div>Body Doubling: Power Hour! 2-3pm @WSR</div>	2 <div>Holiday Arts + Crafts 5-7pm @WSR</div>	3 <div>Edna's 21<sup>st</sup> Birthday</div>	4 <div>Boyish Charm live @12:30pm (@pluboyishcharm)</div>	5
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 <div>Body Doubling: Power Hour! 2-3pm @WSR</div>	9 <div>Pantry delivery</div>	10	11 <div>Boyish Charm live @12:30pm (@pluboyishcharm)</div> <div>Community Dinner 5-6pm @Trinity Lutheran Church</div>	12
<div> <div>NOTES</div> <div> <div>Group session</div> <div>Boyish Charm</div> <div>Pantry delivery date</div> <div>Other</div> </div> <div>LEGEND:</div> </div>				

## PLU Student Discount opportunities

\*All discounts require a valid PLU student ID

### Tacoma Grand Cinema

- \$2.50 ticket discount
  - students who live within the Tacoma city limits and meet the Tacoma Creates program requirements can get a free ticket when purchased at the box office on the day of the show

**Hours of operation:** M-Th open between 1-2pm || F-Sun + holidays open between 11am-12pm

**Location:** 606 Fawcett Ave, Tacoma, WA 98402

### Mission Thrift

- 10% discount
- Hours of operation:** Tues-Fri: 9am-7pm ||  
 Sat: 9am-6pm || Sun: 11am-6pm ||  
 Mon: closed

**Locations:** 6331 6<sup>th</sup> Ave, Tacoma, WA 98406 || 2502 6<sup>th</sup> Ave Tacoma, WA 98405